

Welcome to the Pacific Lutheran University Employee Assistance Program (EAP)

Our program is confidential and covers employees, spouses, domestic partners, and children up to age 26. Pacific Lutheran provides your EAP services free of charge (no co-pay, deductible, or premium).

You can use EAP services to solve a wide range of concerns and problems:

- ✓ Marital and family issues
- ✓ Depression and anxiety
- ✓ Problems with substance abuse
- ✓ Problems with gambling
- ✓ Balancing work and home
- ✓ Personal/family concerns

Your EAP is available 24 hours a day, 7 days a week. Simply call (800) 777-4114 and a Customer Service Representative will assist you. The EAP provides **up to 3 face-to-face assessment and referral sessions** with a Licensed Behavioral Health Provider who is skilled in assessing your concerns. If preferred, you may request an online appointment at www.FirstChoiceEAP.com.

Enhanced Work Life Services

Legal Services: You can speak with an attorney for up to 30 minutes at no charge. Should you decide to retain the attorney, you will receive a 25% discount off the attorney's standard hourly fees (work-related issues are not covered).

Financial Services: You can speak with a financial professional by phone for up to 30 minutes at no charge. Issues may include debt management, credit card education/consultation, and budgeting advice (investment advice is not provided).

ID Theft and Fraud Resolution: This benefit can help protect you from theft and fraud or assist you should you become a victim of a fraud-related crime.

Childcare and Eldercare Consultation: You will be connected with a childcare or eldercare specialist who can assist in arranging care or resources for your child or older parent regardless of their location in the U.S.

Home Ownership Consultation: Save thousands if you are buying, selling, refinancing, or remodeling a home.

We Invite You to Explore Our Online Tools and Resources

Go to www.FirstChoiceEAP.com and click on the 'Login' button.

username: pacific

You can search a vast electronic library for information, tools, and resources including legal forms, financial information, pet care, parenting solutions, health and wellness, family matters, daycare information, eldercare, and much more.

First Choice Health™

Healthy Employees. Healthy Companies.™

